

SEPTEMBER IS HISTIOCYTOSIS AWARENESS MONTH

#IKNOWHISTIO

Histiocytosis awareness is a year-round endeavor, but during the month of September we ask **EVERYONE** to become engaged and increase Histiocytosis Awareness.

Below you'll find some creative ways to help spread the word and raise histiocytosis awareness - so more people will KNOW HISTIO!

Join our #IKnowHistio campaign! Our goal is to spread the word "**histio**" in communities across the country, around the world and on social media through September...and beyond.

You can get started now!

SHARE

Tie a Blue Ribbon for Histio

The **Tie a Blue Ribbon for Histio campaign** is a grassroots initiative that brings Histio awareness into communities across the country. Tie a blue ribbon around your "old" oak tree, mailbox or light post and invite your family, friends and neighbors to do the same.

Let's paint our towns in blue ribbons all throughout the month of September to help spread the word about histiocytic disorders.

[Order your Blue Ribbons today.](#)



Histio Blue Ribbon Tribute Garden

Our Histio Blue Ribbon Tribute Garden is popping up again!

Over 30 years ago, the Histiocytosis Association planted a seed – what if we nurtured and grew a community of like-minded individuals who were all affected by this rare disease – histiocytosis– imagine what we could accomplish together.

Our Histio community has found ways to spread the word and support one another. From a kitchen table in New Jersey all of those years ago to communities around the world today – we KNOW HISTIO.



Patients and families are invited to submit their name/the name of their Warrior to be included in a Histio Blue Ribbon Tribute Garden. The Garden will be on display at the Histiocytosis Association office in Pitman, New Jersey throughout the month of September in recognition of all Histio Warriors and Histiocytosis Awareness Month.

If you would like to submit your Warrior's name please complete this [submission form](#).

Wear Blue Wednesdays



Show your *passion through fashion* - every Wednesday in September we celebrate **Wear Blue Wednesdays** for histiocytosis awareness.

Encourage your family and friends to join you – whether it's a t-shirt, hat, pajamas, socks or even blue hair – let's all wear blue for histio awareness.

#WearBlueWednesdays

We can't wait to see your photos – share them on social media or by email at outreach@histio.org.

Mark your calendar for every Wednesday in September!



Share your Story



RECORD YOUR KNOW HISTIO MESSAGE

Help spread histio awareness – tell the world why they should Know Histio. If you or someone you love is affected by histio, we invite you to record and share a #KnowHistio video today. Personal stories powerfully illustrate what it's like to live with a histiocytic disorder and why it's important that more people **Know Histio**.

[Record your video here](#) answering these questions.

What is your name (first names only) and how you are impacted by histio.

"My name is _____ and I have (histiocytic disorder)."

What is one thing you want people to know about histio?

" I want people to know....."

Why is it important more people Know Histio?

"I think it's important for more people to Know Histio because....."

End your message with:

I am (your name) and I want you to Know Histio.

We'll share these messages throughout Histio Awareness Month!

HISTIO AWARENESS “ROCKS”

Here’s another fun way to spread histio awareness in your community and anywhere else in your travels.



Gather your friends and family and paint histio awareness messages on rocks and hide them in your community for others to find *and re-hide*. Who knows where they’ll travel to....?!!

Host a Histio Awareness “Rocks” Painting Party. It’s super easy and fun for the whole family! Here are some [easy instructions to host your own rock painting “party”](#).

AWARENESS MONTH CHALLENGE

All throughout the month of September, we invite you to participate in our **I Know Histio Awareness Challenge**. When you participate in the awareness challenge activities, you’ll accumulate points associated with each activity - for a chance to win prizes. At the end of Histiocytosis Awareness Month the 3 top scorers (with at least 300 pts.) will each win a \$50 Amazon Gift Card and the top scorer will also win an Awareness Bundle worth \$100.



EVERYONE is invited to play along – *but to be eligible to win prizes, you must first sign up.*

Three Easy Steps to get started on the Challenge.

1. [Sign up to participate](#) for the chance to win a prize.
2. Download the ‘official’ [I Know Histio Challenge checklist and rules here](#).
3. Continue reading for a variety of Awareness Month activities that will help you fulfill the Challenge.

MORE EASY WAYS TO SPREAD AWARENESS

Call physicians: Reach out to general practitioners and other healthcare providers with information about histiocytosis; provide them with disease specific brochures to help with diagnosis and treatment. You can order an Awareness Kit in the [Histio eStore](#).

Use your social network to spread the word about histiocytosis to your family and friends and let’s get everyone talking about histio.

Share our posts, videos and the link to histio.org with your local community, colleagues, family and friends - encouraging them to join the online campaign.

Follow us on social media.



Share your photos of how you’re spreading awareness and send them to outreach@histio.org or **tag us on social media** so we can share them with the Histio Community.

Use Hashtags - #IKNOWHISTIO #kNOWHISTIO #HistioAwareness #Histio #Histiocytosis #HistiocytosisAwareness #HistioWarrior #IKnowAWarrior #HistioAwarenessRocks #WearBlueWednesdays

SUPPORT

September is a powerful month to help raise histiocytosis awareness and funds to help advance our mission and ongoing education initiatives for Histo Warriors and their families.

[Make a donation](#) today in honor or memory of a special Histo Warrior.

COMMUNITY EVENTS

Your fellow Histo community members are working hard to spread awareness and raise funds – please consider participating or donating to support their efforts.

[Histo Blue Ribbon Run](#) – September 1st thru 30th

Whether you're an avid runner or leisurely walker, you can participate in the Histo Blue Ribbon Run **when, where, and however you like and at your own pace.**



The Histo Blue Ribbon Run unites the Histo Community everywhere, to run/walk together in spirit and in recognition of Histo Awareness Month and our commitment to the patients and families impacted by histiocytic disorders.

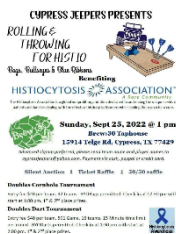
Join us for a **'virtual relay'** and be a part of the movement spreading the word about histiocytic disorders over bridges, on streets and trails and across miles and communities everywhere.



[Together for the Cure – 5K Walk/Run & Family Fun Day](#) – September 10th

The first annual Together for the Cure-Histiocytosis 5K Walk/Run and Family Fun Day is taking place in Chula Vista, CA *and virtually* from anywhere!

Run or walk your way to the 5K finish line. Then, enjoy food, music, festivities, and fun for the whole family. Come out, HAVE FUN and together, let's raise awareness and funds to help make a difference in the lives of patients and families impacted by histiocytic disorders!



[Rolling & Throwing for Histo – Bags, Bullseyes and Blue Ribbons](#) – September 25th

Join Histo Ambassador Allie McFadden and the Cypress Jeepers for a Doubles Cornhole and Darts Tournament in Cypress, Texas benefiting the Histiocytosis Association. Roll on out for a fun day of throwing bags and darts and enjoy a silent auction and prizes.



Camp Out for Histo – Friday, September 30th

Gather your friends and family, and neighbors too, and create your own Camp Out for Histo camping experience this year!

Whether you're camping inside or out, in a tent, a tree or an RV, under the stars or the dining room table – campers everywhere will enjoy a mix of family-friendly, on-your-own activities when they ditch their beds and come together to raise awareness and funds for the Histiocytosis Association.

Campsites will compete for fun prizes in "Pop-Up" Challenges, most histio spirit, most unique campsite, most campers, and the campsite that raises the most funds.

Want to camp out on a different day? No problem! You can still join the Camp Out for Histo fun any day during Histiocytosis Awareness Month – let us know when you're camping and share your photos for a chance to win great prizes!

Awareness Wreaths



Histo Ambassador/ Warrior Shannon Mayville has created two custom Histo Awareness Wreaths to raise awareness and money to support the Histo Community! A portion of the proceeds from the sale of these wreaths will help support the mission of the Histiocytosis Association to raise awareness of histiocytic disorders, provide educational and emotional support and fund research leading to better treatments and a cure.

If you would like to purchase a one-of-a-kind handmade wreath (*while supplies last*), visit Shannon's [online shop here](#).

FACEBOOK FUNDRAISER

Create a Facebook fundraiser or donate to ours - Facebook makes fundraising easy and gives you the chance to tell your friends about a cause you care about. *100% of what you raise goes directly to Histiocytosis Association.*

Are you celebrating a birthday, anniversary or special occasion in September? Do you know what's super special about a September milestone - you share this special month with Histiocytosis Awareness Month! What better way to celebrate your special day and the Histo Warrior in your life than to donate your birthday or special milestone and tell the world you **Know Histo** through a Facebook fundraiser. #IkNOWHISTIO #HistoAwareness2022

Need help setting up a Facebook fundraiser? Email fundraising@histio.org.

SHOP

Need some new Histo gear for Awareness Month?

Get *Histo ready* for Histo Awareness Month! Order your **I Know Histo** gear to spread awareness throughout Histiocytosis Awareness Month and all year long. Awareness kits, t-shirts, ribbons, garden flags, etc.

You can purchase exclusive Histo merchandise by visiting our online store. Find great items to help spread the word about histo! Adorn your car, school locker, water bottles and/or notebooks, front lawn or anywhere. We've got items for the whole family.

Check out our new t-shirt designs in the [Histo eStore](#).



Proceeds from the eStore support our mission to increase knowledge and awareness of histiocytic disorders, support educational and emotional support, and fund better treatments and a cure!

Got all of the Histo Gear you need? You can still shop and make a difference.



Shop on AmazonSmile – did you know that when you shop on AmazonSmile and choose the Histiocytosis Association as your charity of choice, Amazon donates.

This September (*and all year long*) make a difference while you shop – visit smile.amazon.com.

Together, today and everyday let's raise awareness for histiocytic disorders!